Barley and Vegetable Bowl

Ingredients

- 1 ¼ cups farro or barley
- 1 can cannellini beans, rinsed
- 4 cups cauliflower florets
- 1 (1 pound) sweet potato, peeled and cut into 1" cubes
- 2 T olive oil plus ¼ cup, divided
- 2 tsp lemon pepper seasoning, divided
- ¾ tsp salt, divided
- 1 (6 ounce) bunch fresh Broccolini, cut into 2" pieces
- ½ cup chopped flat-leaf parsley
- ¼ cup chopped fresh cilantro
- 1 T red-wine vinegar
- 1 large clove garlic, grated
- ½ tsp crushed red pepper
- ¼ cup chopped green olives

Directions

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper.
2. Cook the grains according to package, add the beans once cooked.
3. Drizzle cauliflower florets and sweet potato with 1 ½ T oil and sprinkle with 1 ½ t lemon pepper and ¼ t salt; toss well to coat and spread evenly on the pan.
4. Combine Broccolini, ½ T oil and remaining lemon pepper in a bowl; set aside.
5. Roast the sweet potato and cauliflower until almost tender, about 20 minutes. Remove from oven and push the sweet potatoes and cauliflower to one side. Add the Broccolini to the other side of the pan; roast until the vegetables are tender and lightly charred, about 10 minutes.
6. Meanwhile, stir parsley, cilantro, vinegar, garlic, crushed red pepper, olives and the remaining ¼ cup oil and ½ t salt together in a small bowl to make chimichurri. Stir ¼ cup of the chimichurri into the grain mixture.
7. Divide the grain mixture among 4 bowls and top evenly with roasted vegetables; drizzle with the remaining ¼ cup chimichurri.

Nutrition Facts Serving Size: 1 cup grain mixture, 1 ¼ cups vegetables & 1 Tbsp. chimichurri

Calories	**572**	Total Sugars	7g
Total Fat	24g	Protein	17g
Saturated Fat	3g	Vitamin C	103mg
Sodium	752mg	Calcium	171mg
Total Carbohydrate	78g	Iron	4mg
Dietary Fiber	13g	Potassium	993mg